

*REUNION: A FAMILY
READINESS POINT OF
VIEW*

WELCOME HOME!!!!!!
CONGRATULATIONS ON A
JOB WELL DONE!!!

Homecoming and Reunion



- Reunion
- Homecoming Predictions
- Reunion and Marriage
- Children and Reunion
- Reunion and the Single Member
- Reunion and Single Parent
- Reunion and Work

Reunion

- The reunion of a family after a separation can be just as stressful as the separation itself.
- Be as realistic as possible!
- GO SLOW
- Communicate



Homecoming Predictions: Adjustments for Soldiers

- These areas include family, social, environmental, and military and civilian employment.
- You have changed
- Accepting change is a MAJOR factor in reestablishing yourself when you return.

Reunion and Marriage: Reestablishing Intimate Relations

- Military couples often find that reunion may bring out feelings of uneasiness, and that their personal relationship is strained. Through an understanding of the effects of separation, you can better cope with the stress that accompanies reunion

Reunion and Marriage: Family Adjustment

- Excited about reunion
- Range of thoughts and feelings
- How will you fit back into the family
- How will my member treat me
- Integrating back into the family is a process, not an event that can simply happen at the front door by announcing “I’m home and I’m in charge.”

Food for Thought



- Avoid getting into the “who had it worse” game. The truth of the matter is that the separation was difficult for both of you.

Children and Reunion



- Change is at least as stressful for children as it is for adults
- Restart your relationship with your children
- Readjustment Period is typically 4 to 6 weeks
- Have realistic expectations of how your child will respond based on age

Reunion and the single member

- You have changed
- Change can cause stress
- Regardless of whether or not you have a significant other in your life, there are no doubt people whom you consider to be family

Reunion and the Single Parent

- Unique concerns
- Strategies for coping with situations are similar to those listed in item #2 of the handout.
- Different rules
- Non-custodial parent adjustment

Reunion and work



- Changes
- ESGR: POC Lt Col Reid Christopherson 988-5644
- Deployment schedule to work schedule
- Resentful colleagues
- Staff turn-over

Stress



- Whether you are single, married, a single-parent, a spouse, or a child, you will face certain stressors associated with homecoming and reunion.
- See item #3 in handout

Coping with Stress



- Personal management skills
- Relationship skills
- Outlook skills
- Self-care skills

Resources



- Where can you get assistance about your concerns and the stress you may encounter.
- Handouts
- Help!line 211
- Chaplains
- Family Support
- ESGR